

A close-up photograph of a man playing table tennis. He is wearing a grey long-sleeved shirt and a dark blue jacket. He is holding a black table tennis paddle with an orange handle in his right hand. In his left hand, he is holding a yellow table tennis ball. The background is slightly blurred, showing another person with a white beard and a blue shirt. The text "PARKINSON TABLE TENNIS" is overlaid in white on a semi-transparent grey rectangular background in the center of the image.

# PARKINSON TABLE TENNIS



**Incorporating PISTA sound, which uses binaural beats, with table tennis can offer several benefits to Parkinson's disease patients. Here are the potential advantages:**

## **#1**

**Motor Skills Improvement:** Table tennis involves precise hand-eye coordination and motor control. Parkinson's patients can benefit from this activity as it helps improve their fine motor skills and coordination, which may be affected by the disease.

## **#2**

**Balance and Posture Enhancement:** Parkinson's disease often leads to balance and posture issues. Playing table tennis requires constant adjustments in body positioning, contributing to better balance and posture over time.

# #3

**Stress Reduction:** Binaural beats from the PISTA sound can help induce a state of relaxation and reduce stress and anxiety levels. Lower stress levels may positively impact Parkinson's symptoms, as stress can exacerbate certain aspects of the disease.

# #4

**Cognitive Stimulation:** Engaging in table tennis provides cognitive stimulation by requiring players to strategize, anticipate opponents' moves, and make quick decisions. This mental exercise can be beneficial for cognitive function in Parkinson's patients.

# #5

**Dopamine Release:** Physical exercise, such as playing table tennis, can trigger the release of dopamine in the brain. Since Parkinson's is associated with a deficiency of dopamine-producing neurons, activities that stimulate dopamine release may have positive effects on motor function and mood.